



Spirituality Support Nights Guided Examen After a Day of Work

" Environment and necessities:

- Meet in a room or space (beach, front porch, etc.) that is large enough for everyone to have physical and psychological space.
- Make sure that the seating is comfortable.
- Light a candle and/or place a cross, icon, or other symbol on a small altar if desired.
- Have everyone bring their journal and a pen/pencil.

Process and reflection: A Support Team member reads the examen written below as group examen with the JVs. Read slowly so that everyone can hear and follow the words you are sharing. Pause between the points of the examen. Point one will take a little less than a minute. Point two will take about 5 minutes. Point three will take less than a minute. Point four will take 10-15 minutes. Point five will take 5 about 5 minutes.

1. Recall that you are in the presence of God.

You have spent the day at work. It may have seemed that the day lasted forever, never coming to an end. It may have been a day where time flew by. All day you have been in the presence of God. Yet, you may not have been aware of God's presence during your day. Take time now to be aware of God's presence . . . aware of God's love and concern for you . . . be in God's presence and feel loved.

2. Look at your day with gratitude.

Spend time reviewing the joys and blessings of this day. Let your mind remember and rest on those things for which you are grateful: . . . a meal that you ate and/or shared with another . . . a conversation with a client, student or co-worker . . . an interaction with a stranger on the bus . . . what are you grateful to God for in this day?

3. Ask help from the Holy Spirit.

Now it is time to turn to the advocate promised by Jesus. Ask the Holy Spirit to come and be with you. Ask the Spirit to open your heart and soul so that you might look honestly at all the movements and events of this day.

4. Review your day.

Begin to review your day, seeing it like a movie in your mind's eye. Pay attention to the feelings and emotions that come up within you as you reflect back on the day and its happenings. As you reflect, take notes in your journal.

How have you spent your day? When did you respond in loving and caring ways?
When did you respond in ways that you now regret?

How were you helpful to your clients/students? Where did you see yourself meeting a need and/or addressing an issue of justice? Where were justice issues ignored or not met due to a lack of time or resources?

As you review your day, what feelings come up? Which memories of the day trigger the strongest emotions? Which emotions rise up in you when the needs of your client or yourself go unmet?

5. Reconcile and resolve.

You have reflected on your day. You have become aware of your intentions and actions. You have let yourself feel the emotions of the day again. Now is the time when you have a heart-to-heart talk with Jesus.

What would you like him to know about your day? What is important for you to share with him during this time of prayer? What struggles will you place at the foot of the cross for Jesus to help you carry?

You may ask Jesus for forgiveness for your shortcomings or the shortcomings of others' toward you. You may ask for assistance with changing a behavior from the day or a pattern of behavior you notice in yourself.

As you end your prayer set an intention for the next day. What is it you would like to focus on tomorrow? Which gift or blessing do you want to share with others? What change in yourself are you willing to carry with you as an intention for the day?

The individual examen is over. The group may do a variety of things to end the prayer.

1. As a sign of community and commitment to a life of prayer with each other, the group recites or sings a prayer (Our Father, Anima Christi, Hail Mary, etc.). They may also choose or be invited to share a sign of peace.
2. Sharing of parts of the reflection, the happenings of the day, or the intentions for tomorrow may be done by members of the group. It is best to make that option known at the beginning of the prayer allowing a decision of the group to be made whether or not that option will happen.

The Anima Christi was a favorite prayer of St. Ignatius and it begins his book of Spiritual Exercises

<p>Anima Christi (Soul of Christ) Jesus, may all that is you flow into me. May your body and blood Be my food and drink. May your passion and death Be my strength and life. Jesus, with you by my side Enough has been given May the shelter I seek Be the shadow of your cross. Let me not run from your love Which you offer, But hold me safe from the forces of evil. On each of my dyings Shed your light and your love. Keep calling to me until that day comes, When, with your saints, may praise you forever. <i>(Contemporary Translation)</i></p>	<p>Anima Christi (Soul of Christ) Soul of Christ, sanctify me. Body of Christ, save me. Blood of Christ, inebriate me. Water from the side of Christ, wash me. Passion of Christ, strengthen me. O good Jesus, hear me. Within Thy wounds hide me. Separated from Thee let me never be. From the malignant enemy, defend me. At the hour of death, call me. And close to Thee bid me. That with Thy saints I may be. Praising Thee, forever and ever. <i>(Traditional Translation)</i></p>
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